



**Breast Cancer Awareness Month**

### Fact Sheet

- Rates of breast cancer vary among different groups of people, between men and women, among people of different ages and ethnicities, and even states.
- 85% of women diagnosed with cancer have no family history.
- Breast cancer in men is a rare disease. Less than 1% of all breast cancers occur in men, but it does happen.
- Breast cancer is 100 times more common in women than in men.
- For men, the lifetime risk of being diagnosed with breast cancer is about 1 in 1,000.
- In 2017, it is estimated, among women, in the United States there will be 40,610 breast cancer deaths.
- Gynecomastia is swelling of the breast tissue in boys or men, caused by an imbalance of the hormones estrogen and testosterone.
- In 2017, it is estimated, among women, in the United States, there will be 252,710 new cases of invasive breast cancer.
- It is estimated, among men in 2017, there will be 460 breast cancer deaths in the United States.
- In 2017, it is estimated, among men, in the United States, there will be 2,470 new cases of invasive breast cancer.



**FREE LUNCH**

**CONGREGATE MEAL PROGRAM**, offered Monday through Friday, ensures a daily nutritious meal for Senior participants ages 60 years of age and older. It is free and Senior participants do not have to be a member of the Lancaster Senior LIFE Center. Senior participants ages 50-59, can purchase the nutritious meal for a fee of \$6.73. Senior participants must complete an intake form and nutrition assessment *prior* to participating in the Congregate Meal Program. This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services. **DALLAS COUNTY RESIDENTS ONLY.**



240 Veterans Memorial Parkway  
 Lancaster Community Park, Lancaster, Texas 75134  
 Monday through Friday, 9:00 a.m. to 5:00 p.m.  
 Phone: 972-218-3780; Fax: 972-218-3694

Tea Walker, Senior Life Center Supervisor  
 Diana Wortham, Recreation Attendant  
 Clifford Armstead, Transportation Provider

**Lancaster Resident, \$3.00 Annually**  
**Non-Resident, \$5.00 Annually**



CITY OF  
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Quality of Life and Cultural Services

SENIOR NEWS & LIVING



2017

Newsletter



[www.lancaster-tx.com](http://www.lancaster-tx.com)

**UPCOMING  
EVENTS**

**SATURDAY**

**November 4, 2017**



Living on purpose is the path to peace.

Life is like photography. You develop from the negatives.

Certain things catch your eye, but pursue only those that capture your heart.

**Authors Unknown**



**Witch Bakery**

**Richard Breese, 2014**

There once was a witch whose pies  
Were unique as to flavor and size.

When she opened her ovens

She delighted her covens,

With dozens of old crusty guys.



October 2, 1:30 p.m., Line Dancing.

October 3, 1:00 p.m., Nutrition Education.

October 4, 11:45 a.m., Women Glamour Day.

October 6, 11:45 a.m., Legacies of a Lifetime.

October 10, 10:30 a.m., Spelling Bee.

October 13, 12:45 p.m., Walmart.

October 12, 10:30 a.m., Special Events Committee.

October 18, 11:45 a.m., Men Groom Day.

October 20, 10:30 a.m., Fall Extravaganza.

October 23, 10:30 a.m., Outing Committee.

October 24, 10:30 a.m., Jewelry Sale and Swap.

October 25, 10:30 a.m., Senate Board Meeting.

October 25, 10:30 a.m., Water Exercise.

November 10, 10:30 a.m., Veterans Day Program.

November 16, 11:00 a.m., Thanksgiving Day Program.



*Sign up NOW!*

Senior Days at the State Fair of Texas are coming. Thursdays, October 5 and October 19 at 10:00 a.m. RSVP is required and transportation will be provided from the Senior Life Center to the State Fair. Seating will be limited.



**Fall Extravaganza Celebration  
Friday, October 20, 10:30 a.m.**

Join us for music, fun, food, fellowship and the beautiful beginning of the Fall Season. Light refreshments will be provided and door prizes awarded.



**Breast Cancer  
Awareness Program**

**Thursday, October 26, 10:30 a.m.**

October is Breast Cancer Awareness Month, and a time to increase the awareness and knowledge of this disease, affecting both men and women.